

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

there are fruits added

What I like least about the proposed changes is

took juices out

Thank you for reading my comments.

Sincerely,

*Anna Lopez*  
WIC Participant

Riverside County, California

P6652

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that it will be healthier for our kids to eat ~~it~~ ~~snack~~

What I like least about the proposed changes is

there's nothing I don't like about the proposed

Thank you for reading my comments.

Sincerely,

*Jane Duron*

WIC Participant

Riverside County, California

P 6653

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It is healthier for the children

especially when they pick it out themselves

What I like least about the proposed changes is

milk should be the same it is

healthy for your bones

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

Riverside County, California

P6654

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*that they have veggie and fruites,  
Tuna and tortillas, rice and  
other things that are good.*

What I like least about the proposed changes is

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I SEE MORE vegetables & MORE HEALTHIER FOODS

What I like least about the proposed changes is

NONE I LIKE everything

Thank you for reading my comments.

Sincerely,

PARIA SOTOMAYOR  
WIC Participant

Riverside County, California

P 66/56

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

more healthier foods

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P 6657

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That you are going to give fruits and vegetables

& bread or tortillas

What I like least about the proposed changes is

Taking away 2 containers of juice

Thank you for reading my comments.

Sincerely,

Brandy Delchini  
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I will get help in getting my fruits & vegetables, tortillas and bread which the kids need in their diets.

What I like least about the proposed changes is

I don't have anything that I least like, because I think it's a wonderful idea 😊

Thank you for reading my comments.

Sincerely,

*Rosalie Galardo*  
Rosalie Galardo

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

is the opportunity of help regarding the PSS/Grant is with Fruits and vegetables and grains. I feel that it's one of the many things WIC has best yet decided.

Thank you!

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

*Cristina Contreras*  
WIC Participant

thank you, so very much!

Riverside County, California

P6660

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The addition of fruits and vegetables  
and whole grains

What I like least about the proposed changes is

we could only get one whole grain  
item. I will help if we could get

oatmeal & the choice of corn or wheat tortillas.  
Since we are omitting 1 frozen egg, 1 lb of cheese and  
one 1/2 gallon of milk, 4 frozen juice containers  
Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P6661

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

THEY OFFERED MORE VARIETY FOR

HEALTHIER FOOD. I LIKE THE FAT

THAT THEY ARE ADDING FRUITS, VEGGIES TO THE WIC PACKAGE.

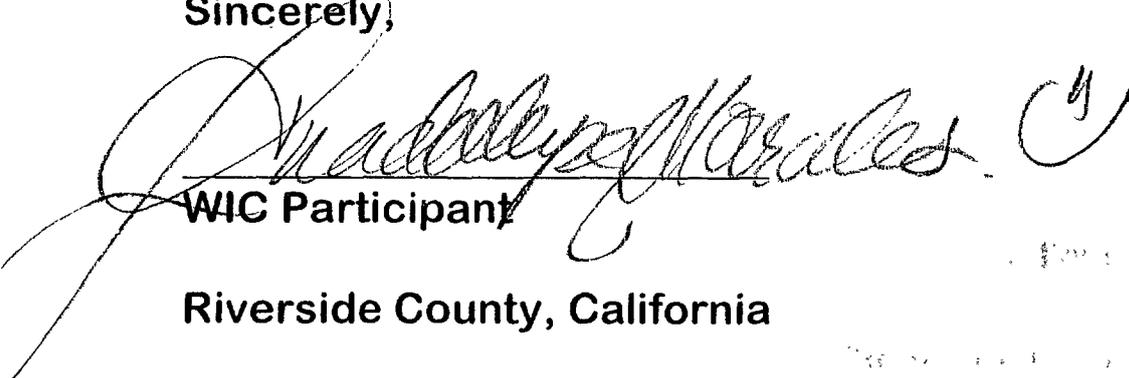
What I like least about the proposed changes is

I really like the changes is

A really good thing they are changing it for the better to benefit our children and us for healthier lives.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P 6662

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The variety of fruits and veggies  
and the bread.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Arkie Pellum

WIC Participant

Riverside County, California

P6663

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The add of fruits and Veggies to WIC

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P 6664

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

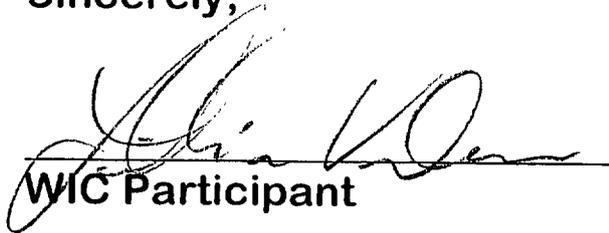
*that my son will get more of  
a variety.*

What I like least about the proposed changes is

*that the amounts are reduced.*

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P 6665

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It will be really good to buy bread or tortillas  
and Fruit & Veg.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Leena Moore  
WIC Participant

Riverside County, California

P6666

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

More of a variety of food.

What I like least about the proposed changes is

The amount of milk I will receive

Thank you for reading my comments.

Sincerely,

Salina Martinez

WIC Participant

Riverside County, California

P 6667

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

low fat milk

Breads

Fresh Fr/Veg

What I like least about the proposed changes is

can beans

still have yellow cheese

Thank you for reading my comments.

Sincerely,

Rose Ormual

WIC Participant

Riverside County, California

P6668

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is parents may offer less milk and juice if it is substituted for different foods. They may try to offer water for thirst instead.

What I like least about the proposed changes is I think people will think getting less milk and juice will be an impact on their budget. I hope in time they see the benefit of the new foods

Thank you for reading my comments.

Sincerely,

Maath Cinton HIA  
WIC Participant

Riverside County, California

P6669

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruits and vegetables

What I like least about the proposed changes is

the decrease in milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The extra food

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Bethney Centens  
WIC Participant

Riverside County, California

P6671

Dear Friends at US Department of Agriculture, OCT 31 2008

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The adding fruits + veggies and tortillas  
to are coupons.

What I like least about the proposed changes is

I like all.

Thank you for reading my comments.

Sincerely,

Irma Avila  
WIC Participant

Riverside County, California

P6672

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fruits and vegetables and breads

What I like least about the proposed changes is

less juice

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

p6673

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

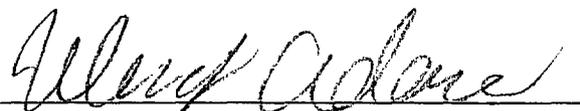
I like the fact there is more fruit and  
less juice and more healthier

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P 6674

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

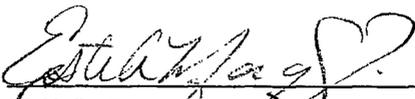
What I like most about the proposed changes is

that it offers bread and fruit.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P6675

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

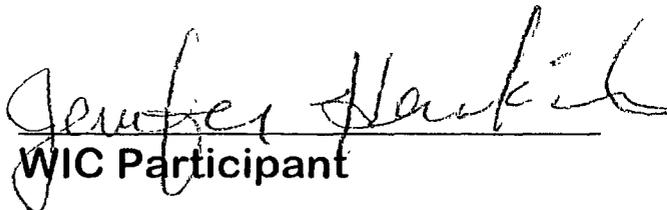
What I like most about the proposed changes is

More food options.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P6676

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

there would be more fruit and vegetables  
and the cut down are good to receive better things

What I like least about the proposed changes is

Some cut downs.

Thank you for reading my comments.

Sincerely,

Viviana B. Morfin

WIC Participant

Riverside County, California

P6677

Dear Friends at US Department of Agriculture, OCT 31 2008

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

adding fruits + veggies  
and not so much, rice.

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

PL678

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

SOY PRODUCTS; WHEAT BREAD

What I like least about the proposed changes is

LESS JUICE

Thank you for reading my comments.

Sincerely,

Lyndang Yuen  
WIC Participant

Riverside County, California

P6679

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

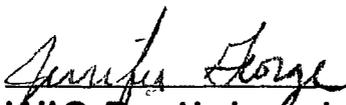
THE ADDED VEGGIES, BREAD AND TORTILLAS, BUT  
WOULD PREFER THE OLD WIC

What I like least about the proposed changes is

LESS MILK, EGGS, CHEESE AND JUICE

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P 6680

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

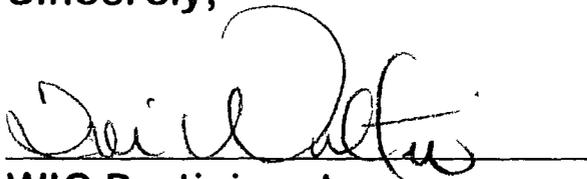
that Society Want you to  
encourage more fruits and vegetables  
in your daily Diet (that would be great)

What I like least about the proposed changes is

We didn't get enough fruits  
and vegetables

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P6681

Dear Friends at US Department of Agriculture,

OCT 31 2006

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*With the increasing increase in children obesity, I like that juice is being decreased and the addition of fruits & vegetables.*

What I like least about the proposed changes is

*I feel the change will be positive.*

Thank you for reading my comments.

Sincerely,

*Chen Blucher*  
WIC Participant

Riverside County, California

P6682

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*we get fruit, veg, bread.*

What I like least about the proposed changes is

*getting less milk because we need more milk.*

Thank you for reading my comments.

Sincerely,

*Jessika Alvarez*  
WIC Participant

Riverside County, California

PL6683

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fruits and veg.

What I like least about the proposed changes is

less milk.

Thank you for reading my comments.

Sincerely,

Tanya Moya, WIC Staff.

WIC Participant

Riverside County, California

PG684

OCT 31 2006

Dear Friends at US Department of Agriculture;

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the fruit idea. But milk is really expensive to buy without coupons

What I like least about the proposed changes is

LESS MILK.

Thank you for reading my comments.

Sincerely,

*Dannette Lopez*  
WIC Participant

Riverside County, California

P6685

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

we get more healthier stuff and more variety

What I like least about the proposed changes is

the decrease in milk

Thank you for reading my comments.

Sincerely,

\_\_\_\_\_  
WIC Participant

Riverside County, California

P6686

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

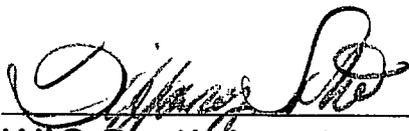
*is that I will have more options to choose from for my baby and myself.*

What I like least about the proposed changes is

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

Riverside County, California

Administrative Services

P 6687

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

adding the fruits

What I like least about the proposed changes is

less the milk

Thank you for reading my comments.

Sincerely,

*Christina Scott*

WIC Participant

Riverside County, California

Riverside County, California

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the fruits & veggies  
they would be a great addition to the program**

**What I like least about the proposed  
changes is I like the new packages  
better.**

**Thank you for reading my comments.**

**Sincerely,**

Kimberly Brown  
**WIC Participant**

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** Fruit is added,  
Bread- very helpful.

**What I like least about the proposed changes is** \_\_\_\_\_  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Deemedika Fuduloff  
**WIC Participant**

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** that there is more of a

variety like the fruits and vegetables.

now we can start having them throughout

**What I like least about the proposed** one check just

**changes is** to go

**Thank you for reading my comments.**

**Sincerely,**

Lisa Beach

**WIC Participant**

*[Faint handwritten notes]*

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the variety of the  
Vegetables and Fruits.**

**What I like least about the proposed  
changes is nothing its Great.**

**Thank you for reading my comments.**

**Sincerely,**

Raisha McPatrol  
**WIC Participant**

P6692

NOV 03 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Better food selection**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is \_\_\_\_\_**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Calvin N. Gay  
**WIC Participant**

P 6693

**Dear Friends at US Department of  
Agriculture,**

NOV 03 2005

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is at Better For my  
children.**

**What I like least about the proposed  
changes is there nothing bad  
\_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**

Deane Bayle

**WIC Participant**

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is Fresh Foods**

**What I like least about the proposed changes is \_\_\_\_\_**

**Thank you for reading my comments.**

**Sincerely,**

*Frances L. Hewitt*

**WIC Participant**

P6695

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

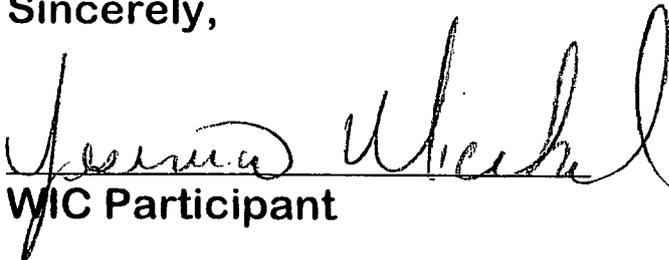
Move nutritious foods

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Riverside County, California

P6696

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I enjoy a healthy diet

What I like least about the proposed changes is

N/A all the changes are good

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

STANDARD FORM NO. 64 (REV. 5-22-64)

PG697

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

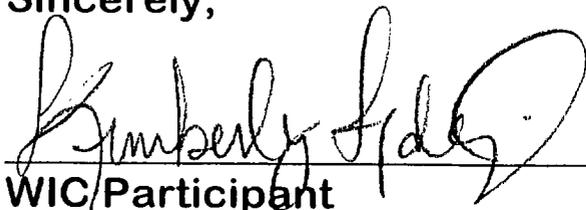
What I like most about the proposed changes is

It has ~~a~~ more fruits and vegetables (more healthier choices)

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

Riverside County, California

P6698

NOV 03 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is fresh fruits**

---

**What I like least about the proposed  
changes is Pinto Beans**

---

**Thank you for reading my comments.**

**Sincerely,**

Sonja Jacobson | Zafae Chammel  
**WIC Participant**

P6699

NOV 03 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the fruit and  
bread.**

**What I like least about the proposed  
changes is they are substituting  
for something else.**

**Thank you for reading my comments.**

**Sincerely,**

Victoria Turney  
**WIC Participant**

PG 700

NOV 03 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is there is more of a variety  
and it would be great to be able to get  
fruits and veggies!**

**What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**

Renee Sampson  
**WIC Participant**